

Insulin Resistance

The term Insulin Resistance (IR) refers to a reduced sensitivity of cells to the action of Insulin. IR results when a normal insulin action is impaired and the cell does not “hear the message of the insulin. To overcome this impairment, and to maintain good glucose balance, the pancreas will attempt to secrete larger and larger amounts of insulin. Those who have IR develop glucose intolerance and eventually Diabetes.

Studies suggests that insulin sensitivity problems are an underlying causes in

- Cardiovascular Disease
- Stroke
- Diabetes type 2
- Polycystic Ovary Disease
- Certain Cancers

IR refers to a cluster of symptoms

1. Abdominal Obesity (Men - waist circumference over 40 inches, Women – over 34.5 inches)
2. Triglyceride level over 150mg/dl
3. HDL cholesterol less than 40 in Men and less than 50 in Women
4. Blood Pressure over 135/85 mmHg
5. Fasting glucose over 110mg/dl

Other useful marker to suggest Insulin sensitivity issues are elevated fasting insulin levels, elevated uric acid and elevated Crp-hs .

Not all who have IR develop Diabetes there is much you can do to turn this situation around. All hope is not lost - the cellular sensitivity to insulin can be improved and reversed with these measures.

- Exercise – regular exercise reduces insulin levels
- Smoking – exacerbates insulin resistance. Stop smoking now
- Obesity – increase fatty tissue around the abdomen induces insulin resistance, reduce body fat now
- Nutritional Modulation – a customized dietary program and lifestyle changes will improve IR.
- Selected Nutrients such as Magnesium, Chromium, Vanadium, Biotin, Conjugated Linoleic Acid, Alpha Lipoic Acid, Green Tea, Cinnamon – customize the nutrients your body needs to stabilize your blood sugar and turn around IR.